

## Colonic Owen Sound

Colonic Owen Sound - Colon Hydrotherapy, otherwise known as colon irrigation, colonic irrigation or colonics, is a method that gently flushes water inside the rectum to help in eliminating the colon of mucus and toxins. Colon hydrotherapy treatment is actually utilized in order to ease constipation, help the body's detoxification process, help loosen the muscles of a tight colon, strengthen a relaxed colon and to be able to cleanse the colon during fasting. Colonics are indicated when there is an rise of mucus and toxicity levels in the system. Depending on the patient's health condition, either lukewarm or cool water may be utilized.

Although colon cleansing could be beneficial in various health conditions, there are a few times where it is not used. Serious or possibly serious conditions which affects the patient's colon like for instance colon cancer, diverticulitis, ulcerative colitis, intestinal obstruction, intestinal bleeding or inflamed hemorrhoids are particular instances this kind of treatment is not used. Colon hydrotherapy is likewise contraindicated in hypertension and pregnancy.